

PHYSICAL ABILITY TEST

Applicants for the position of police officer/police support officer must successfully complete the following Physical Fitness Ability Test (PFAT). This is the same test that is required for entrance into the Washington State Criminal Justice Training Commission Basic Law Enforcement Academy.

A maximum of 200 points is possible. **A minimum of 30 points is required for each individual test. You must successfully complete each event. A minimum of 160 total points is required to pass the Fitness Ability Test.**

The PFAT will be typically administered in the following order:

1. 300 Meter Run
2. Push-Ups
3. Sit-Ups
4. 1.5 Mile Run/Walk

300 METER RUN

The 300-meter run measures your anaerobic power. You must complete the run without any help. Your goal is to run the distance as quickly as possible. You must run to and through the finish line.

Time in sec.	1.33 pt/sec	Time in sec.	1.33 pt/sec
56.0	50.00	63.5	40.03
56.5	49.30	64.0	39.36
57.0	48.67	64.5	38.69
57.5	48.00	65.0	38.03
58.0	47.34	65.5	37.37
58.5	46.68	66.0	36.70
59.0	46.01	66.5	36.04
59.5	45.35	67.0	35.37
60.0	44.68	67.5	34.70
60.5	44.02	68.0	34.04
61.0	43.35	68.5	33.38
61.5	42.69	69.0	32.70
62.0	42.02	69.5	32.04
62.5	41.35	70.0	31.38
63.0	40.69	70.5	30.68
		71.0	30.02

MAXIMUM PUSH-UP TEST

This push-up test measures the muscular strength and endurance of the upper body. Place your hands on the ground so they are in a vertical line with your shoulders (approximately 1 - 1.5 shoulder widths apart). Your feet may be together, or up to 12 inches apart. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. Lower your body by bending your elbows until your upper arms are parallel to the ground and you touch and slightly compress the 4-inch foam block held under your chest. Your examiner will tell you when you have gone low enough. Return to the starting position by completely straightening your arms. You may only rest in the up position. If you fail to: keep your body in a straight line; touch your chest to the foam block; or lock your arms in the up position, you will receive a warning. After one warning, incorrect repetitions will not count. **There is no time limit.** Do as many correct push-ups as possible. Your score is the number of correct repetitions.

# of reps	1.43 pt./rep
35	50
34	48.62
33	47.19
32	45.76
31	44.33
30	42.90
29	41.47
28	40.04
27	38.61
26	37.18
25	35.75
24	34.32
23	32.89
22	31.46
21	30

ONE MINUTE SIT-UP TEST

The one-minute sit-up test measures muscular strength and endurance of the abdominal muscles. Lie on your back with your knees bent at 90 degrees or tighter with your heels on the edge of the mat. Your feet may be together or apart, but the heels must stay in contact with the floor. Your partner will sit on your feet and wrap their arms around your calf muscle area. It is your responsibility to inform your partner of any adjustments that need to be made in order to assure your comfort. Your fingers must stay interlocked behind your head throughout the event. If your little fingers are not touching, that is considered 'apart' and such performance will not be counted. Lift your body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, your fingers must touch the examiner's hand on the mat. You may rest only in the up position. Do not arch your back or lift your buttocks from the mat. If you fail to: keep your fingers interlocked, touch your elbows to your knees or your fingers to the examiner's hand, or lift your buttocks off the mat, you will receive one warning. After one warning, incorrect repetitions will not count. **You will have one minute** to do as many sit-ups as possible. Your score is the total number of correct sit-ups.

# of reps	2.375 pt/ rep
38	50
37	47.625
36	45.250
35	42.875
34	40.500
33	38.125
32	35.750
31	33.375
30	30

1.5 MILE RUN / WALK TEST

The 1.5 mile run /walk test measures cardio-respiratory endurance, and endurance of your leg muscles. You must complete the course without any help. Your goal is to finish the 1.5 miles in as fast a time as possible. Try not to start too fast, but at a pace you can sustain for about 10 to 15 minutes. You may walk, but walking will make it difficult to meet the minimum passing score. You may run alongside another runner for help with pacing, but you may not physically assist or be assisted by anyone.

Time	Points	Time	Points
13:35	50	14:03	39.996
13:36	49.635	14:04	39.639
13:37	49.278	14:05	39.282
13:38	48.921	14:06	38.925
13:39	48.564	14:07	38.568
13:40	48.207	14:08	38.211
13:41	47.850	14:09	37.854
13:42	47.493	14:10	37.497
13:43	47.136	14:11	37.140
13:44	46.779	14:12	36.783
13:45	46.422	14:13	36.426
13:46	46.065	14:14	36.069
13:47	45.708	14:15	35.712
13:48	45.351	14:16	35.355
13:49	44.994	14:17	34.998
13:50	44.637	14:18	34.641
13:51	44.280	14:19	34.284
13:52	43.923	14:20	33.927
13:53	43.566	14:21	33.570
13:54	43.209	14:22	33.213
13:55	42.852	14:23	32.856
13:56	42.495	14:24	32.499
13:57	42.138	14:25	32.142
13:58	41.781	14:26	31.785
13:59	41.424	14:27	31.428
14:00	41.067	14:28	31.071
14:01	40.71	14:29	30.714
14:02	40.353	14:30	30.357
		14:31	30